

# FOUR SIDES

L O N D O N



## IMMERSION RETREAT MOROCCO

24th –28th JUNE 2026



# IMMERSE yourself in...

- **Daily Pilates & Feel Good Movement:**  
Twice daily sessions balancing restorative Pilates & strength & conditioning.
- **Moroccan Feasts:**  
Fresh, local Moroccan cuisine home cooked for us.
- **Cultural Exploration:**  
The captivating sights, sounds, & traditions of the ancient Medinas & Souks of Marrakech.
- **Atlas Mountain Adventure:**  
Take a trail hike with a local Berber guide.
- **Sultana Hammam Spa Experience:**  
The ultimate aromatherapeutic, deep cleansing & stress relieving treatment.
- **Thrilling Sunsets:**  
Make memories quad biking or camel riding at sunset in the Agafay Desert.







# IMMERSION RETREAT 2026

This is a revitalising escape designed for total sensory and physical **reset**. Step into a peaceful, five-hectare private Riad oasis, just outside Marrakech, where traditional luxury meets secluded tranquility. Each day is a curated blend of invigorating movement (fitness and Pilates), guided cultural exploration, and profound recovery via the on-site **Hammam Spa** and gourmet **"Feast" dining**. Disconnect from the daily grind and reconnect with your inner **vitality**, leaving feeling grounded, inspired, and deeply restored.



# Day 1: Arrive, Relax & Restore

- **Afternoon Arrival:** You'll be collected from the airport & will arrive at our private Riad oasis.
- **Poolside Pilates Stretch:** To loosen you off & begin your body reset.
- **Welcome Lunch.**
- **Relaxed Afternoon:** Enjoy & explore the tranquil Riad, gardens & spa.
- **Sunset Strength Session:** Wake up the body & set the tone for the movement sessions to follow.
- **Moroccan Feast:** A spice journey celebrating local cuisine & drinks.







## Day 2: Mountains, Trails & Berber Culture

- **Rooftop Pilates:** Start your day with an energising Pilates Flow with a panoramic view of the Atlas Mountains.
- **Riad Breakfast:** Delicious, nutritious fuel for the day, featuring all our retreat favourites.
- **Ourika Valley Hike:** A guided mountain hike through the foothills, followed by an authentic, unforgettable lunch shared with a Berber family.
- **Relaxed Afternoon:** Return to the Riad for rest & recovery.
- **Sunset Stretch Session**
- **Moroccan Feast:** Celebrating your day's effort & shared cultural memories.



# Day 3: Sights & Sounds Of Marrakesh

- **Rooftop Pilates:** Combining deep stretches, balance & muscle activation.
- **Riad Breakfast**
- **Visit Marrakesh:** Travel to the heart of the city & explore its ancient Medinas and Souks.
- **Authentic Lunch:** A traditional delicious traditional experience within the Medina.
- **Relaxed Afternoon:** Return to the Riad for rest & recovery.
- **Sunset Strength & Stability Session**
- **Moroccan Feast:** Another gorgeous, shared dinner & drinks.







## Day 4: Desert Sunsets & Connection

- **Fiery Pilates Flow:** Start your last full day with a strong Pilates class dedicated to core strength and mindful movement.
- **Riad Breakfast**
- **Rest and Recharge:** A full day to relax by the pool, enjoy the Hammam Spa, or explore the communal spaces.
- **Easy afternoon Strength & Conditioning:** Focusing on posture & correcting the bodies imbalances.
- **Sunset Adventure:** Camel back or Quad biking as the sun sets in the nearby Agafay Desert. Share memories & an evening snack under the stars.



# Day 5: Final Flow & Farewell

- **Rooftop Pilates Express** : One last Pilates flow on the rooftop to soak in the views.
- **Early Riad Breakfast**
- **Departure:** Private transfer back to Marrakech Menara Airport (RAK).
- **Farewell:** We hope you'll leave feeling grounded, inspired, & deeply restored from your Moroccan immersion.







# The Villa

Immerse Morocco is hosted in a beautiful private Riad just 35 minutes outside Marrakech.

Here, old traditions blend seamlessly with modern comfort. Step into an oasis where the mix of cozy luxury meets the restorative touch of nature, allowing for deep rest and rejuvenation.

Our peaceful sanctuary is secluded within five hectares of lush gardens for our private use. There is also:

- Heated swimming pool with plenty of lounging space in sun & shade
- Full Air-conditioning throughout
- Hammam Spa, Treehouse, tennis courts, badminton, and ping pong.



# The Villa Bedrooms

The entire second floor of the main Villa is dedicated to two exceptional bedrooms, each serving as a private sanctuary with its own ensuite bathroom.

These spacious rooms can host either a King-sized bed or bup to three single beds.

Both rooms share access to a stunning, sweeping wrap-around terrace that offers elevated views of the tranquil garden, pool, & the majestic Atlas Mountains beyond.

There is also a cozy shared lounge area & a staircase to the expansive Roof Terrace, with the most breathtaking, panoramic vistas of the surrounding landscape & mountains.





# Bungalows

Just steps from the main Villa and pool area are four traditional, secluded Moroccan Bungalows.

Each is a private haven, featuring its own ensuite bathroom and flexible sleeping arrangements, comfortably accommodating two people in either a King-sized or two separate single beds.

The true draw is the dedicated outdoor space: a private garden terrace for shaded relaxation & an outdoor staircase leading to your own exclusive roof terrace.





# Cost

## Villa Room

2 available

Triple Occupancy £1350 per person

(All 3 guests must book together)

Double Occupancy £1500 per person

## Bungalow

4 available

£1500 per person

Available as first come first served basis.

All activities, meals, restaurant dinners,  
accommodation & transfers (in Morocco) are included.

Flights are not included.





# How To Book

Email Meg at:

[retreat@foursideslondon.com](mailto:retreat@foursideslondon.com)

Please advise if you will be travelling alone or include your room type preference.

You will then be sent an invoice for a non-refundable 30% deposit & booking form.

Once we receive both your space is reserved!

Final payment due 90 days before retreat.

Flights:

Transfers to/from the Riad will be inline with the following flight times:

24/06/2025 EASYJET LGW-RAK 07:40-11.25

28/06/2025 BRITISH AIRWAYS RAK-LGW  
11:10-14.45

We recommend booking your flights as soon as possible (not included in booking fee).

We cannot wait to take you here & make some special memories!



# F O U R S I D E S

L O N D O N

## **Terms & Conditions:**

These Terms and Conditions govern the contractual relationship between the participant (The Client) and Four Sides London (The Company) concerning the Immerse: Morocco retreat 2026(the "Retreat"). By submitting a booking form and paying the deposit, The Client accepts these T&Cs.

### **1. Booking and Payments**

1.1. Deposit- A non-refundable deposit of 30% is required at the time of booking to secure The Client's place on the Retreat. The reservation is not confirmed until the deposit payment is received and The Company issues a booking confirmation.

1.2. Final Payment - The remaining balance of the Retreat fee is due 90 days prior to the Retreat start date, no later than 26th March 2026. If the final payment is not received by this deadline, The Company reserves the right to cancel The Client's booking without refunding the initial deposit.

1.3. Late Bookings - Bookings made within 90 days of the Retreat start date require full payment at the time of booking.

### **2. Cancellations and Refunds**

2.1. Cancellation by The Client - All cancellation requests must be received by The Company in writing via email. Refunds will only be given if The Clients space is booked by another Client (minus initial deposit). Note: No-shows and failure to complete the Retreat are not eligible for any refund.

2.2. Cancellation by The Company - The Company reserves the right to cancel the Retreat at any time due to unforeseen circumstances, including but not limited to, force majeure, natural disasters, political instability, or if the minimum number of participants is not met.

If The Company cancels the Retreat more than 90 days prior to the start date, The Client will receive a full refund of the deposit payment. If The Company cancels within 90 days of the retreat start date, an alternative date may be offered and a full refund is not guaranteed.

The Company is not responsible for any expenses incurred by The Client in preparation for the Retreat, such as airline tickets, travel insurance, or visa fees.



## **Terms & Conditions continued:**

### **3. Travel and Insurance Requirements**

3.1. Travel Insurance (Mandatory) - The Client is required to hold comprehensive travel insurance covering medical expenses, emergency repatriation, trip cancellation, and curtailment.

3.2. Travel Documents - The Client is solely responsible for obtaining and holding all required travel documents, including a valid passport, visa, and any necessary health certificates or vaccinations for entry into Morocco.

### **4. Health, Fitness, and Liability**

4.1. Health and Fitness Disclosure - The Client warrants that they are medically and physically fit to participate in the activities planned for the Retreat, including daily fitness sessions, running, and excursions. The Client must inform The Company of any pre-existing medical conditions, injuries, or concerns on the booking form. T

4.2. Release of Liability - The Client acknowledges that participating in the Retreat involves physical activity and potential risks. The Client agrees to assume full responsibility for any risks, injuries, or damages, known or unknown, which might occur as a result of participation in the Retreat activities.

4.3. Retreat Conduct - The Client must comply with all local laws and follow the instructions of The Company's staff and activity leaders. The Company reserves the right to dismiss The Client from the Retreat if their behaviour is disruptive or dangerous to themselves or others, without any refund.

### **5. Amendments**

5.1. Minor Changes - The Company reserves the right to make minor changes to the itinerary, accommodation, or scheduled activities (e.g., due to weather, local conditions, or availability of service providers) without prior notice.

